



# 3-Day Emergency Kit



- The following plan is based on a 3-day emergency for a family of 4. This may be due to flooding, a tornado, earthquake or other natural or man-made disaster.
- **KEEP IT SIMPLE** – try to keep the cost of the kit to a minimum. Find extra items laying around the house. You may be able to purchase some items at a local yard sale or thrift store. Your taste in foods will determine how much of an item your family will need that the cost you are willing to spend.
- The main thing to remember is the SAFETY of your family.



# 3-Day Emergency Kit

## *1<sup>st</sup> Month - Food*

- **Water:** Recommended supply is 1 gallon of water per day for each individual.
- The primary use of water will be to remain hydrated, but there may be the need for other uses:
  - Hygiene – especially if there are infants
  - Cooking – please use sparingly
  - First aid
  - Pets



# Choosing between dry vs. canned foods

- Dry Foods (MREs, etc)

- Pros:

- Various meals
    - Small footprint
    - Long shelf life
    - Easy to use

- Cons:

- Can be costly
    - Storage restrictions (temperature)
    - Can cause stomach reactions

- Canned foods

- Pros:

- Good variety
    - Medium footprint
    - Shelf life of 1-2 yrs
    - Eat what you store/store what you eat
    - Available locally
    - You are already doing it

- Cons:

- Heavy



# We recommend canned foods



- *Here's why:*

- Buy and rotate it into your everyday use
- You are already doing it
- Eat what you store/store what you eat
- Undesirable stomach reactions minimized
- Allows for normalcy at meal time



# 3-Day Emergency Kit

## *1<sup>st</sup> Month - Food*



Current Inventory	Need	Canned Items	Quantity	Complete
		Tuna	4	
		Chicken	2	
		Chili	2	
		Canned Pasta	8	
		Soups	2	
		Vegetables	8	
		Juices	1 six pack	
		Fruit	3	
		Peanut Butter	1	

Current Inventory	Need	Other Items	Quantity	Complete
		Powder Milk	1	
		Box Cereal	1	
		Granola Bars	1 box	
		Trail Mix	1 box	
		Jelly	1	
		Crackers	1 box	
		Sugar	1	
		Salt/Pepper	1 pack	
		Water	n/a	



# 3-Day Emergency Kit

## *1<sup>st</sup> Month - Food*



- Some things to remember concerning foods:
  - Allow for the cost of infant food/formula if it applies.
  - Pets will use about 1 ounce of food per pound of the pet, per day.
  - Shop for your taste.
  - If possible, use non-frozen items from the refrigerator...then frozen items. This will allow the emergency food items to last a few more days if needed.



# 3-Day Emergency Kit

## *2<sup>nd</sup> Month*



Current Inventory	Need	Cooking Supplies	Quantity	Complete
		Charcoal	1	
		Lighter Fluid	1	
		Aluminum Foil	1	
		Paper Plates	1	
		Paper Bowls	1	
		Plastic Cups	1	
		Plastic Ware	1	
		Paper Towels	2	
		Manual Can Opener	1	
		Ziploc Bags	2	

Current Inventory	Need	Personal Hygiene Items	Quantity	Complete
		Toothbrush	4	
		Toothpaste	1	
		Moist Wipes	1	
		Hand Sanitizer	1	
		Toilet Paper	1	
		Feminine Items	n/a	
		Brush/Comb	1	
		Bar Soap	1	
		Prescription medicines	n/a	
		Baby items	n/a	



# 3-Day Emergency Kit

## 3rd Month



Current Inventory	Need	Misc.	Quantity	Complete
		Radio FM/AM/WX	1	
		Flashlight/Battery operated lamps/oil lanterns/light sticks	Several	
		Batteries (Different sizes)	Several	
		Basic First Aid Kit	1	
		Matches/Butane lighters	1	
		Storage Containers	2	
		Whistle	1	
		Disinfectant	1	
		Duct Tape	1	

Current Inventory	Need	Misc.	Quantity	Complete
		Pain Reliever	1	
		Anti Diarrhea	1	
		Antacid	1	
		Pencil/Paper	1	
		Corded Phone	1	
		Candles	Several	
		Blankets/Towels	4	
		Basic Tools	n/a	
		Trash Bags	1	
		Bleach	1	
		Plastic Sheeting	1	
		Clothing Items: Sturdy shoes, work gloves, hat, rain gear, extra socks	n/a	





# Clothing Considerations

- “Seasonal” is the key word. Bermuda Shorts and T-shirts would not have worked during the recent ice storm. Nor would a parka in July.
- Remember – you are trying to survive the elements, not going out for dinner. Items should be clean and serviceable.
- Shop at yard sales or thrift stores to minimize the cost



# Other Things to Consider

- Medications/Vitamins: Have a 3-day supply in a quick dispenser placed in a zip lock bag.
- Personal data in a zip lock bag:
  - Passports
  - Medical and Life Insurance Records
  - Certificates – Birth, Marriage, Death
  - Credit Card Numbers and their phone numbers
  - Phone Numbers to family and friends
- Cash – Nothing bigger than 20s, preferably several one dollar bills. Remember, the banks may not have power or phone service either.



# Other Things to Consider

- Pet Supplies: food, bowls, grooming items and medication if required.
- Tools to turn off gas and water lines if required.
- Large can with sturdy lid if sanitation becomes an issue.
- Store everything in a dry place. Let everyone in the household know where the emergency kit is located and what items are in it.



# Other Things to Consider



- For Children – try to have something personal, like a book, blanket or stuffed animal.
- Keep appropriate items in a waterproof or air-tight bag.
- Change your water supply twice a year.
- Re-think your kit and family needs annually.
- Replace seasonal clothing and batteries.



# Other items that would be nice to have

- Coolers
  - To store food
- Camp Stove with fuel
  - To cook food, warm baby bottles etc.
- Water Filter
- Cans of fuel (gasoline, kerosene, etc)
- Fuel Stabilizer
- Generator
- Camping gear (Tent, compass, etc)



# Other Important Questions to Ask Yourself....

- 1) How long can you stay in your home without power, or heating/cooling?
- 2) If you must leave your home due to an extended outage, where will you go, how will you get there, and what do you need to bring?
- 3) Should you get stranded in your vehicle - do you have a winter survival kit available to assist you until help arrives?
- 4) What is the contact information for the location(s)? (Name, Address and Number)
- 5) Where will you store your kit, and can it be taken with you to an alternate location?

***\*\* If you are able to provide shelter to others in your home during an extended emergency\*\****

- 6) How many additional friends or relatives can you shelter?
- 7) Do they have a kit prepared for their family?
- 8) Have they planned transportation or storage of the kit at your home, in the event of an emergency?
- 9) If they are storing their supplies at your home, can they walk to your home in the event transportation is not possible?



# Cautions

## Generators:

- Operate it outdoors. Do not use generators inside your home or your garage -it produces carbon monoxide, a colorless, odorless gas that can be deadly.
- Do not overload the generator by connecting it to more appliances that it has the capacity for.
- Do not use a generator to power the blower fan on your gas furnace unless the generator has a hard-wire connection to your furnace made by a licensed electrician. The electrician will install a transfer switch that will isolate your home from your power company's grid, removing the chance that crews working on your power line will come in contact with electrical current feeding into the system from your generator. The switch will also protect you from a power surge when the power returns.

## Kerosene/Propane Heaters:

- Any source of heat that uses a carbon-based fuel, such as propane or kerosene, will produce deadly carbon monoxide and can use up all the oxygen in a poorly ventilated area.
- Therefore, wherever one of these types of heaters are used should be well-ventilated and the heater used with caution. Some units have an oxygen depletion sensor that will turn off when there is no longer enough oxygen in the air.
- Any time you have a flame and a liquid fuel, like kerosene, use extra caution. Do not fill or light a kerosene heater inside your house - any spilled fuel could ignite. Do not refill a kerosene heater when it's hot –the heater could ignite the fuel as you're refilling it.



# Cautions

## Using Candles:

- Never leave a burning candle burning when you go to bed or leave your home - unattended candles are a major fire hazard.
- Keep burning candles away from drafty areas. The slightest draft can cause candles to burn excessively fast, drip, and even fall over, which can be a fire hazard. Drafts can be created from sources such as windows, fans, heat registers, and even high-traffic areas of your home.
- Never spray an aerosol can near an open flame.

## Fireplaces:

- Have your chimney cleaned periodically - recommended once a year.
- Highly efficient inserts and stoves generally create more creosote (potential fire hazard) buildup in your chimney than an open wood-burning fireplace.

## General Precautions:

- If you store fuel, store it safely so it will not become a fire hazard.
- Keep combustibles items (newspapers, wood, rugs) well away from the fireplace, wood-burning stove, electric heater, candles etc.
- *Install a carbon monoxide detector in your home.*





# Links to Emergency Kit Preparation

- American Red Cross    [www.RedCross.org](http://www.RedCross.org)
  - A website with a large variety of information to include the development of emergency kits, family preparation and emergency services available.
- Government Web        [www.Ready.gov](http://www.Ready.gov)
  - A website that has a link to assist in the development of an family emergency plan.
- Provident Living         [www.providentliving.com](http://www.providentliving.com)
  - A faith-based website that deals with long-term disaster planning.